

# Sports and Energy Drinks

Most people  
don't need  
them!

## SPORTS DRINKS

- Flavored beverages that usually contain sugar, minerals and electrolytes (like sodium, potassium and calcium).
- Most people don't need them! They are recommended only when you have been doing intense physical activity for an hour or longer (such as long distance running or biking, or high intensity sports like soccer, basketball or hockey).
- If you drink them when you have been doing just routine physical activity or just to satisfy your thirst, you actually increase your risk of excess weight gain.
- What are some examples?
  - Gatorade • Powerade • Accelerade • All Sport Body Quencher • Propel

You know what rocks? WATER!

## ENERGY DRINKS

- Flavored beverages that typically contain stimulants like caffeine and other compounds along with sugar, added vitamins and minerals, and maybe even protein. (We don't need these nutrients from drinks; we get them from our food!)
- These drinks are not the same thing as sports drinks and are NEVER recommended for children or adolescents.
- Could cause you to have increased heart rate, increased blood pressure, trouble sleeping, anxiety, difficulty concentrating, upset stomach, and even caffeine toxicity.
- What are some examples?
  - Monster • Red Bull • Power Trip • Rockstar • Full Throttle • Jolt

Did you  
know?

Neither sports drinks or energy drinks are a good substitute for water –  
**water is always the best thirst quencher!**  
Water is the best choice for hydration, even before, during and after most people's exercise routines.

Adapted from KidsHealth.org and *Sports Drinks & Energy Drinks for Children & Adolescents: Are They Appropriate?*  
Committee on Nutrition and the Council of Sports Medicine and Fitness. Pediatrics. 2011; 1227; 1182.

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